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soften from amine-epoxy exotherm and then expand due to gas pressure from said solvent core without addition of external heat.

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10. (Amended) A method for producing a foamed article, comprising the steps of:

providing an epoxy component, said epoxy component comprising an epoxy resin, a thixotropic filler and a blowing agent having a thermoplastic shell filled with a solvent core, the thixotropic filler being an aramid pulp, said epoxy component being provided in a substantially liquid form;

providing an amine component, said amine component comprising a cycloaliphatic amine curing agent and a thixotropic filler, the thixotropic filler being an aramid pulp, said amine component being provided in a substantially liquid form; and

combining said epoxy component and said amine component to form a reactive mixture and allowing said thermoplastic shell filled with a solvent core to soften from amine-epoxy exotherm and then expand due to gas pressure from said solvent core without addition of external heat.

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20. (New) A method for producing a foamed article, comprising the steps of:

providing a substantially liquid epoxy component that includes:

- i) an epoxy resin;
- ii) a blowing agent having a thermoplastic shell filled with a solvent core; and
- iii) a thixotropic filler wherein the filler includes aramid pulp;

providing a substantially liquid amine component that includes:

- i) a cycloaliphatic amine curing agent;
- ii) an amine that is less reactive than the cycloaliphatic curing agent; and
- iii) a thixotropic filler wherein the filler includes aramid pulp;

combining and dispensing said epoxy component and said amine component at around room temperature to form a reactive mixture wherein: